

FORCE FITNESS INSTRUCTOR COURSE

GEAR LIST

- (2) Woodland MARPAT uniform (For daily wear/O-Course PT)
- Service "C" Uniform
- CIF Issued Camelbak, coyote color
- Minimum 5 sets of PT gear (plain green shirt, green trunks)
- Marine Corps Running Suit
- Green Sweatshirt
- Digital watch with stopwatch feature or stopwatch
- Whistle
- Note taking gear
- Laptop/tablet (course material will be electronic)
- Yellow glow belt
- Marine Corps issued beanies/gloves (coyote colored)
- Cold weather gear (long johns are authorized, but will not be visible in the PT uniform)
- Commander's Mission Statement and Physical Fitness Policy